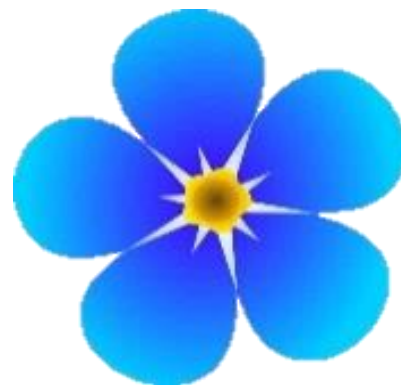


Forget-Me-Not Service

Frimley Maternal Mental Health



What is Forget-Me-Not?

Forget-Me-Not is a psychological therapy service for individuals who have experienced early pregnancy loss, or a loss following assisted conception, in the first 24 weeks of pregnancy and who are struggling with mental health difficulties because of this loss. We aim to treat grief, anxiety, depression, single event trauma and other mental health difficulties resulting from early baby loss. *Unfortunately, we are not able to provide crisis support (e.g. if you are at immediate risk of ending your life) - please contact your local crisis service (numbers on the back page).*

The service is available to women or birthing people who are registered with a GP in the Frimley ICS geography (East Berkshire, Surrey Heath, North East Hampshire and Farnham). A woman or birthing person who lives outside of these areas but is registered with a GP in the Frimley ICS geography would also be entitled to the service.

Our team is made up of several clinicians (three qualified psychological therapists, an assistant psychologist and an administrator) to ensure the smooth and professional running of the service. Psychological therapy is provided by appropriately qualified clinical psychologists and CBT therapists.

What is the process of therapy?

We offer weekly sessions which will be delivered in 6-week blocks. After 6 weeks you and your therapist review how things are going and if it is mutually agreed then you can be offered a further 6 session block. There will be a maximum of 24 sessions offered.

We are also able to offer some limited support to partners if it is felt to be necessary and appropriate.

What mode of therapy is offered?

Therapy can be conducted via One Consultation (an online video consultation platform like Zoom) or face-to-face. Instructions on how to join a session online and directions to the clinical space locations will be provided before your initial session. Our team will discuss with you which mode of therapy you would prefer.

Locations

There are clinics in the following locations:

- Slough
- Camberley
- Farnham

Contact details

If you feel you are in crisis, then please call one of the following numbers:

- Immediate risk to self/others—999
- East Berkshire—0800 129 9999(option 2)
- Surrey, North-East Hampshire & Farnham— 0800 915 4644
- Samaritans— 0800 116 123

If you are struggling with your mental health six weeks after your loss and feel that you would benefit from a referral to our service, please speak to your GP, Early pregnancy Unit, midwife or other healthcare professional. We are currently unable to accept self-referrals.



Forget-Me-Not

